

ABSTRACT

The present invention provides an agent for improving physiological motor functions which is characterized in containing proanthocyanidin as an effective ingredient. It is useful as an agent for preventing and improving the fatigue in which rise in lactic acid value upon physical exercise is suppressed whereby muscular fatigue is reduced and continuous exercise is made easy, and particularly as an agent for prevention and improvement of muscular fatigue, and as a health food for prevention and improvement of fatigue.